



RECREATIONAL GYMNASTICS

FALL 2015

FALL 2015 SCHEDULE

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Parent & Child 2 Years Old	10:15-11:00 a.m.	10:00-10:45 a.m.		10:00-10:45 a.m.		
3 Years Old	10:15-11:00 a.m.		10:15-11:00 a.m. 11:00-11:45 a.m.			
3 & 4 Years Old	11:00-11:45 a.m.			9:15-10:00 a.m.	9:15-10:00 a.m.	
4 Years Old		9:15-10:00 a.m. 10:00-10:45 a.m. 1:00-1:45 p.m.		10:00-10:45 a.m. 1:00-1:45 p.m.	10:00-10:45 a.m.	
4 Years Old (Boys)					10:45-11:30 a.m.	
Kindergarten	9:15-10:15 a.m.	1:45-2:45 p.m.	9:15-10:15 a.m.	1:45-2:45 p.m.		
Level 1	5:45-6:45 p.m.	3:00-4:00 p.m. 5:45-6:45 p.m.	5:45-6:45 p.m.	3:00-4:00 p.m. 5:45-6:45 p.m.		8:30-9:30 a.m. 9:30-10:30 a.m.
Level 1 (Boys)	5:45-6:45 p.m.	4:00-5:00 p.m.	5:45-6:45 p.m.			
Level 2		4:00-5:30 p.m.		4:00-5:30 p.m.		9:30-11:00 a.m.
Level 2 (Boys)		5:15-6:45 p.m.		5:15-6:45 p.m.		
Level 3		5:15-6:45 p.m.		5:15-6:45 p.m.		8:00-9:30 a.m.
Level 3 (Boys)		5:15-6:45 p.m.		5:15-6:45 p.m.		
Beg. Tumbling						10:00-11:00 a.m.
Int. Tumbling						9:00-10:00 a.m.
Adv. Tumbling						8:00-9:00 a.m.

MONTHLY FEES

CLASS LENGTH	DAYS/WEEK	FEE
45 minutes	1	\$34
45 minutes	2	\$56
1 hour	1	\$37
1 hour	2	\$63
1.5 hours	1	\$47
1.5 hours	2	\$83
1.5 hours	3	\$124

REGISTRATION INFORMATION

Payments are due by the 20th of the previous month.

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

CLASS INFORMATION

Classes are Monthly and start **August 31 to December 19, 2015**

No classes on **October 29-30, November 26-28**. (Other dates may be announced)

*Parent & Child Class: Children not involved in the gymnastics class must be supervised by another adult or placed in daycare for a small fee.

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.

GYMNASTICS CLASS DESCRIPTION

FAQ'S

WHAT TO WEAR? Gymnastic leotards are requested but other clothing is permitted. The clothing needs to be comfortable, non-restrictive and form fitting. Please NO Levis, zippers, or fasteners (buttons & snaps) around the waist. Large loose clothing and long drawstrings pose safety hazards. Shorts are allowed, but NO LONG PANTS. Please remove all jewelry before gymnastics. Hair needs to be pulled back into low pony tails, pigtails, and braids if possible. If your child's hair is short please clip back any pieces that would fall in front of their face.

CLASS DAY Please arrive five minutes before class time. Shoes, socks, etc. can be left in the cubbies or by the wall.

WHEN IS TUITION DUE? Tuition is due the 20th of the prior month. For example, March's tuition is due February 20th. This will ensure your child's spot in the class for the upcoming month. Tuition is paid at the registration office in the blue envelope sent home with your gymnast each month. Blue envelopes will not be accepted unless all information is filled out.

ARE SPECTATORS ENCOURAGED? You are welcome to stay and watch your child. There is seating provided upstairs. If your child is enrolled in a preschool gymnastics class, you are expected stay for the duration of the class. If your child needs to take a restroom break, their coach cannot leave the class to help them.

WHAT SHOULD MY CHILD PRACTICE AT HOME? Flexibility is a major part of excelling in gymnastics and usually is only obtained with lots of stretching. Having your child warm up and practice their splits, straddles and arch ups for a few minutes each day can greatly improve their gymnastic skills.

CLASS DESCRIPTIONS

Parent and Child For two year old children accompanied by their parent to assist them. This class is an intro to a gymnastics classroom setting and foundation gymnastics skills on all the boys' and girls' events. It is designed to develop large/ small motor skills, balance, body awareness, coordination, muscle strength, and the ability to follow directions in a fun, safe and clean environment.

3 Yrs. Old Class Specifically designed for preschool children. This class is an introduction to a gymnastics classroom setting and foundation gymnastics skills on all the boys' and girls' events. This class is designed to develop large and small motor skills, balance, body awareness and coordination, muscle strength, and the ability to follow directions in a fun, safe and clean environment.

4 Yrs. Old Class It is the same curriculum as the 3 year old class with the ability to challenge their skill and strength levels.

3&4 Yrs. Old Class It is the same curriculum as the 3 year old class with the ability to challenge their skill and strength levels.

Boys 4 Yrs. Old Class Using the same preschool lesson plans as above, this class is tailored to 4 year old boys with increased time on the boys' equipment.

Kindergarten Class Kindergarten age children will learn gymnastics foundation skills w/technique, body positions and dance skills (beam and floor) on each of the girls' events (bars, beam, floor, and vault) with an intro to stretching and conditioning.

Level 1 1st grade and up girl gymnasts will learn the gymnastics foundation skills w/technique, body positions and dance skills (beam and floor) on each of the girls' events (bars, beam, floor, and vault) with an introduction to stretching and conditioning.

Level 2 1st grade and up girl gymnasts will learn the next level gymnastics skills w/technique, body positions, dance skills, increased stretching, and conditioning. Ex; Floor - kick over & round off, Vault – Dive roll, Bars – back hip circles, Beam – lever.

Level 3 1st grade and up girl gymnasts will learn the next level gymnastics skills w/technique, body positions, dance skills, increased stretching, and conditioning. Ex; Floor-back walkover, Vault -hand stand flat back, Bars–shoot through, Beam–handstands.

Boys Level 1 5 yrs. old and up boy gymnasts will learn gymnastics foundation skills w/technique, body positions on each of the boys' events (Floor, Pommel Horse Rings, vault, Parallel bars, and high bar) with an introduction to stretching and conditioning.

Boys Level 2 5 yrs. old and up boy gymnasts will learn the next level gymnastics skills w/technique, body positions, increased stretching and conditioning. Ex; Floor- round off, Vault – Dive roll, High Bars–undershoot, Rings–tap swings.

Boys Level 3 5 yrs. old and up boy gymnasts will learn the next level gymnastics skills w/technique, body positions, increased stretching and conditioning. Ex; Floor- back handspring, Vault – flat back, High Bars–baby giant, Pommel horse-straddle leg cuts.

Beginning Tumbling 5 yr. old and up gymnasts will learn the foundation tumbling skills with technique and body position. (Floor only)

Intermediate Tumbling 5 yr. old and up gymnasts will learn the next level tumbling skills including backhand springs.

Advanced Tumbling 5 yr. old and up gymnasts will learn the next level tumbling skills including back tucks and power tumbling.

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